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Strawberries reduce stress and calm anxiety.



Walnuts can thin your blood and help prevent clots.



Bananas can calm a chronic cough.

## "Ordinary Ailments, Extraordinary Cures — Health Breakthroughs and Remarkable Remedies That Work Better Than Dangerous Drugs or Risky Surgery"

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced the release of a new book for the general public, *"The FC&A 2003 Yearbook."* The authors provide many health tips with full explanations.

- ▶ This vegetable juice can lower cholesterol and triglyceride levels just as well as traditional prescription drugs.
- ▶ This remedy reduces the level of "bad" cholesterol and fat in the blood while increasing the percentage of "good" cholesterol.
- ▶ Stave off memory loss when you include this in your diet! Even a modest amount can keep your brain super charged!
- ▶ An amazing remedy for urinary incontinence.
- ▶ Lost your mental sharpness? Having trouble concentrating? It might be because you're allergic to this!
- ▶ If you take this common pill every day, you could add years to your life! The medical evidence is mounting up!
- ▶ Want to lose weight fast? Don't forget to eat this! It "can play a major role in weight loss," nutritionists have found.
- ▶ Eat to end your pain! Discover these 12 pain-fighting foods that work with your body to ease inflammation and repair damaged joints.
- ▶ Incredible good news! Of all strokes and heart attacks suffered by American men, small daily doses of one simple vitamin could prevent up to 40% — yes, 40%!
- ▶ The most important thing you should know if you want to lose weight.
- ▶ Dissolve cholesterol and open up arteries with just a quarter of a cup daily. Read about this top-notch heart healer.
- ▶ Cures that flush cholesterol right out of your body and slash your risk for heart disease.
- ▶ Keep your eyesight sharp into your 90s! Eating these foods can reduce your risk of degenerative eye disease up to 75%.
- ▶ Cholesterol: Natural ways to bring it down and keep it down, from carrots to chocolate!
- ▶ How a handful of strawberries can provide powerful protection against multiple diabetes complications such as cataracts, slow-healing wounds and high cholesterol.
- ▶ Instant healing! It's possible when you use these timely tricks from Mother Nature!
- ▶ Take this at the first sign of colds or flu and

your symptoms may be gone within 24 hours!

- ▶ Flush your arteries clean of plaque and fatty build-up with this highly effective, all-natural, and completely safe treatment!
- ▶ Imagine a drug that can give you a complete recovery from a stroke. That's just what this drug can do, as long as it's given within three hours after the stroke hits — but you have to ask for it.
- ▶ Adding this to your food will lower your cholesterol significantly.
- ▶ Prevent high blood pressure, breast and colon cancer, senility and fragile bones. All with one — yes, one — inexpensive daily supplement that keeps you healthy and strong.
- ▶ 9 homeopathic stimulants that restore all your lost vitality and energy.
- ▶ 3 great secrets of people who live longer and stay healthier.
- ▶ Want easy answers to life's biggest health questions? Doctors have found that eating foods rich in just two basic vitamins reduces your risk of death from many causes. This book names the two vitamins and their best sources.
- ▶ Grape juice is an artery-clearing wonder! Learn how it protects your artery walls from cholesterol.
- ▶ The secret ice cream ingredient that reduces LDL cholesterol by 26%.
- ▶ Six successful ways to unclog and repair damaged arteries!
- ▶ This mineral can slash your risk of cancer, halt heart disease, improve your energy level, relieve arthritis, prevent cataracts, and much more. All these fabulous benefits from just one mineral!
- ▶ Eat your way to lower blood pressure! Get the latest word on what you should and shouldn't eat.
- ▶ Soften up those hard arteries with this flavorful favorite. It's probably in your kitchen right now!
- ▶ Four foods that contain a natural antihistamine that can help open your stuffy nose without drugs.
- ▶ Rediscover the oh-so-important benefits of non-strenuous daily exercise! The little things you do to stay active can ensure lifelong health and happiness.
- ▶ Do you believe in the power of prayer to heal? See what medical experts are finding in their scientific research.

▶ The top 10 healing herbs: It's one secret your pharmacist can't afford to tell you!

- ▶ Wow! This inexpensive, ultra low-calorie vegetable has ultra high cancer-fighting nutrients. Researchers say it prevents cancer of the colon, brain, breast, stomach, bladder and lung!
  - ▶ What to do immediately in case of a stroke.
  - ▶ Is it possible to start reversing heart disease naturally in 30 days or less? In eight out of every ten patients studied, according to a respected researcher, "the arteries that had been clogged were clean. The blood vessels started looking clean and clear as they did before they developed heart disease!"
  - ▶ "Miracle" memory improver — it's in your kitchen, scientists say, and it tastes great!
  - ▶ Heart attack — it's everyone's worst nightmare! Make sure you know what to do if it happens to you.
  - ▶ Delicious dessert contains ingredients amazingly known to fight cancer, reduce heart attack risk, ease angina pain, lower blood sugar, and cure infections.
  - ▶ Do you know the nine signs of a heart attack? This wisdom is essential for every family member of anyone who has high blood pressure.
  - ▶ Hypertension? This spice lowers blood pressure and cholesterol.
  - ▶ Tap into the healing power of herbs. Facts on herbs that work, and ones to steer clear of.
  - ▶ Seven natural arthritis pain relievers!
  - ▶ This amazing bread works exactly like cholesterol-lowering drugs but without the side-effects. Learn about all these natural remedies and more. To order a copy, just return this notice with your name and address and a check for \$9.99 plus \$3.00 shipping and handling to: FC&A, Dept. VKB-1, 103 Clover Green, Peachtree City, GA, 30269. We will send you a copy of *"The FC&A 2003 Yearbook."*
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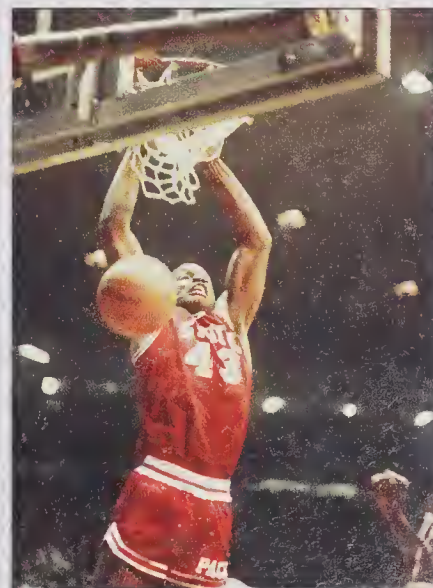
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#### On the Cover

Lorenzo Charles slammed in the winning points at the buzzer to end North Carolina State University's Cinderella season with the 1983 national men's basketball championship. Raleigh photographer Simon Griffiths was right there. (Photo copyright Simon Griffiths.)

See page 16 for story.

## Let the session begin

When I started thinking about running for the North Carolina State Senate, I knew I needed two green lights – one from my wife and the other from EnergyUnited's board of directors.

My wife, Rita, said, "I knew you would do it sooner or later, so go ahead and get it out of your system." Then I went to the board.

I wanted the cooperative's directors to be completely comfortable with my decision. I would not have run if they had expressed reservations. I felt this was an opportunity to share what I had learned at EnergyUnited and be of greater service to the cooperative, the community and the state. I assured the board of my continuing, deep commitment to EnergyUnited, and they could not have been more supportive.

I decided then that it was full steam ahead.

I had already worked four years as an Iredell County Commissioner. In 1992, I stepped out of politics. We had children at home, and I felt like I needed to have more time for them. Also, the electric cooperative faced major issues at that time. Our children were both in college when the opportunity came along to consider representing Iredell and Alexander counties in the new 41st State Senate district.

The demographics could not have been better. I have lived and worked in Iredell County most of my life and served in county government. On the other hand, I attended school in Alexander County and my parents live there. I have family in both counties.

As chairman of the Iredell County Commissioners, I learned how local government operates and how important it is to be responsive to the people you serve. I also learned how the actions of state government and the General Assembly, in particular, affect things at the local level. I knew how financially devastating it would be when the Governor withheld funds from the cities and counties last year to balance the books at the state level.

And I feel comfortable in the halls of the General Assembly as well. Over the years, I have spent a lot of time in Raleigh dealing with legislators on local issues and issues involving electric cooperatives, such as HB 476 that allowed cooperatives to invest in related businesses.

The legislature's biggest challenge next year, I believe, will be dealing with the state's huge budget deficit. We cannot look to new or increased revenue streams. We have to

cut expenses, and that is not going to be easy or pretty. The state budget has grown faster than the population or inflation. It's time to go back to zero-based budgeting, ferret out waste and trim fat.

Cooperatives are not looking at major challenges right now, since deregulation is still on the back burner. But it will be helpful to cooperatives to have someone in the Senate who understands the utility industry in general. Because EnergyUnited is involved in a broad range of utility services, my experience is broader than electricity and includes Internet, water and propane.

Co-ops in North Carolina always have played a key role in economic development in their communities. I think I know as well as anyone what it takes to create jobs and bring in new industry. I understand the importance of having good infrastructure – transportation, water, and sewer – and can make a real contribution on a wide range of issues affecting rural North Carolinians.

It goes without saying that my door will be open to friends and professional associates from cooperatives around the state, and I want their viewpoints as issues arise that affect cooperatives and their members. I expect them to call on me.

I am grateful to my wife, the EnergyUnited board of directors and the people of Iredell and Alexander counties for placing their trust in me. I look forward to working in the State Senate on behalf of their interests and for all of North Carolina.



By R.B. Sloan Jr.

*R.B. Sloan Jr. is chief executive officer of EnergyUnited, the Touchstone Energy cooperative serving more than 100,000 families and businesses in 19 North Carolina counties. With 68 percent of the votes cast in the 41st District on Nov. 5, he was elected as a Republican to the State Senate. Sloan has spent his entire professional life with electric cooperatives. He earned an engineering degree from North Carolina State University and an MBA from Queens College in Charlotte. He has chaired the board of the North Carolina Rural Electrification Authority and served as president of the Cooperative Finance Corporation, the major lending institution of the nation's electric cooperatives.*



## About blepharospasm

I recently retired to Monroe, N.C., from San Francisco. I had never visited this state until I decided to retire here. I expect to live a pleasant life among the foliage, friendly inhabitants and the tranquility that I have so far experienced.

I read the article in the December issue on "Jim's Kids" and was moved to write to you in hopes that this would shed some light on a rare disease: blepharospasm. I have been afflicted with this disease for over 10 years and it indeed limits my ability to move around.

Blepharospasm is a neurological disorder characterized by the forcible involuntary closure of the eyelids, which in some instances renders that individual "functionally blind." Most cases are accompanied by other neurological disorders, such as dystonia, hemifacial spasms, or vocal chords dystonia.

It begins with excessive blinking or sensitivity to light or sunshine. In my case, I had facial distortions (Meige syndrome) and sometimes uncontrollable barking sounds, vocal dystonia.

I am writing in hopes that this may reach those who need it most. The initial symptoms are not a cause for alarm, therefore, most sufferers believe it will be a temporary condition. But the symptoms are persistent, after six, nine, 12 months. We become distressed, because we are unable to control ourselves, and it seems to be getting worse. The best medical advice administered is "self control," take a vacation, reduce stress, any number of valid options, then, "someone to talk to," a psychologist.

You may know of someone who suffers excessive blinking, face contortions, uncontrollable vocalizations, who has repeatedly seen their doctor, their optician and no one in their immediate medical community appears to have any answers.

The prevailing treatment today is botox injections. (Not to be confused with the cosmetic variety flooding the market) The shots are systematically injected into the spasming muscles to control the blinking. In my case, this must be repeated every three months. I do not look forward to these sessions, but welcome the relief, as I could not function without the shots.

In August 2002, I was appointed the Blepharospasm Foundation's area representative for Charlotte, and I am hoping to reach as many sufferers as possible. For further information on the organization, contact: Benign Essential Blepharospasm/Meige Research Foundation, Inc., P.O.Box 12468, Beaumont, TX 77726-2468. Telephone; (409) 832-0788. E-Mail: bebrf@ih2000.net. On the Web at: [www.blepharospasm.org](http://www.blepharospasm.org)

Ola Mont  
Monroe

## Happy New Year



photo by Duane Salstrand

The Carolina Country staff wishes everyone a happy, healthy, prosperous and peaceful year in 2003. We are (from left) editorial assistant Karen House, business coordinator Jenny Lloyd, associate editor Tara Verna, art director Nicole Ferrari, associate editor Renee Gannon. Seated: advertising manager Jennifer Hoey, editor Michael Gery. We're in the country at Boyce Farm, Wake County.

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## How to open walnuts

Does anyone know a good way to get into walnuts without a lot of fuss and mess? My father-in-law lays the walnuts in the driveway and runs over them until the green part has been "driven off." Any other suggestions?

Cindy Vogt  
Sugar Grove

## Is that a ghost?

This is a photo of my mom and my sister. We get a good laugh from it once in a while.

It actually is a double-exposed picture. I walked into my mom's room when she had a bad headache one day and snapped her picture. My mom looks as if she's seen a ghost.

The "ghost" is an image of my sister at Christmas, but it looks as if she's kneeling down beside the bed. If you take a second look, you'll see that the phone cord is in front of my sister instead of behind her where it should be.

Bonnie Landeck  
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## Heavy ice accumulation brought down power service in early December

The worst ice storm in recent memory paralyzed much of central and western North Carolina Wednesday night, Dec. 4. In the atmosphere over North Carolina, a cold air mass from the north met a warm mass from the Gulf of Mexico, sending a downpour of freezing rain and sleet on areas west of I-95 to the Blue Ridge Mountains. Overnight, a heavy crust of ice formed on trees, many of which still held onto their leaves, and by daybreak limbs were cracking and popping – a disaster for overhead utility lines.

As many as 1.5 million homes, businesses, schools and farms in the state were without electric power as a result of the ice storm. The storm move northward and dumped snow throughout the eastern mid-Atlantic states.

About 185,000 households and businesses served by North Carolina's Touchstone Energy cooperatives were without power at one point on Dec. 5. During the first day of restoring power, service crews occasionally would energize an area only to learn that the power they restored some hours earlier had been cut again because more trees and limbs had fallen onto lines in those areas. The fallen trees also hampered efforts to navigate roadways.

Co-op crews accepted help from contract crews and other co-ops in areas of the state not as affected by the storm. Co-ops from other states also sent repair help, as always happens during major outages. Crews from at least seven states — Ohio, Georgia, South Carolina, Tennessee, Virginia, Pennsylvania and Maryland — came to help.

Tom Lucier, who lives in Mebane, an Alamance County area served by Piedmont EMC that was hit especially hard, said six days after his family's power went out that he noticed trucks from the eastern North Carolina co-op, Tideland EMC, in his area. "I had been without power since early Thursday morning and power was just restored on Sunday at noon. This morning as I drove to work, I saw a number of Tideland EMC trucks driving north on route 85. I just wanted to send a thank you to Tideland EMC for sending your crews to our assistance. I



Matt Vernon

*Fallen limbs brought down power lines and hampered crews as they tried reaching places without power in Wake EMC's area.*

appreciate everything your power company did to help us."

By Dec. 9, as Carolina Country prepared to go to press, all but about 6 percent of the co-op members who suffered outages had power restored. The approximately 12,000 outages were dispersed throughout the areas most affected by the storm, mainly in Davidson, Orange and Randolph counties. Wake, Mecklenburg, Stanly, Chatham, Durham, Lee and Montgomery counties also experienced severe damage.

Because co-ops serve primarily rural areas, line crews must factor drive time into restoration schedules as they travel the miles from one problem spot to another. Customer-owned co-ops, on average, have about eight customers per mile of power line, compared to investor-owned utilities, such as Duke Power and Carolina Power & Light, with about 50 or more customers per mile.

During such storms, members ask why their co-op doesn't bury all power lines. In fact, co-ops do bury utility lines in new subdivisions and areas where dense populations justify the expense. In other areas, the cost of burying lines is so expensive that consumers would see their usage rates double or triple. Areas served by underground lines also experience outages, however, because the transmission lines, mostly owned by other power companies, that bring power to those areas are subject to damage in storms.



Matt Vernon

*Ice-laden tree limbs fell on these power lines in the Wake EMC area. Co-ops continually reminded people to stay clear of any downed lines. They could be energized and dangerous.*



## Republicans are likely to propose new national energy policies

According to news reports, it seems likely that the Bush administration and Congress will propose new national energy policy legislation in 2003. When Congress convenes later this month, Republicans will be in charge of both houses, and the Bush administration may find that its objectives for energy policy are received more kindly than they were last year.

While the details are not yet clear on how new proposals will affect electricity, it seems that the debate will continue to swirl around such issues as increasing U.S. petroleum production and reducing dependency on foreign oil by drilling for oil and gas in the Arctic National Wildlife Refuge. Other likely debates will focus on increasing fuel efficiency standards for cars and trucks, encouraging renewable energy technology, and instituting more stringent conservation measures.

The likely new Senate Majority Leader Trent Lott, Republican from Louisiana, has said that an energy bill is a top priority for this year's Senate.

And in a recent conversation on National Public Radio's "Talk of the Nation," Sen. Larry Craig, Republican from Idaho, who is a senior member of the Energy and Natural Resources Committee, outlined what he sees are the crucial energy policy issues.

"If this economy begins to grow again at the rate it was in the mid-'90s," Craig said, "we are on the threshold of another energy shortage, brownouts and blackouts across the country, simply because we have not increased the supply. But the demand will go radically back up again when this economy gets back to its feet."

He said that alternative forms of personal transportation should be developed, but that it's unrealistic anytime soon. "I think my grandchildren are going to be driving electric cars, or they're going to be driving hydrogen fuel-celled cars," he said. "But that takes time and huge investment, not only in the technology of that, but the infrastructure that will serve it."

Craig said that nuclear-powered electricity generation is a clean form of energy, and that the nation can increase its dependency on nuclear power to 35 to 40 percent, compared

to 20 percent that the technology supplies today.

And, he said, tapping oil from the Arctic National Wildlife Refuge can considerably reduce the nation's dependence on oil from the Persian Gulf region.



Todd Bush Photos

Photos show students enjoying the Touchstone Energy hot air balloon at Mountain View Elementary, Jefferson.

## Dollars for schoolteachers and a big balloon highlight Bright Ideas Week

Surprise grant presentations to teachers and the appearance of the Touchstone Energy hot air balloon at North Carolina schools highlighted Bright Ideas Week at six locations across the state during the week of Nov. 18-22.

North Carolina's Touchstone Energy cooperatives awarded a record \$528,561 in Bright Ideas grants to North Carolina's teachers. Now in its seventh year, the program has awarded more than \$3 million in grants since its inception in 1994.

Festivities began Nov. 18 at Frank Porter Graham Elementary in Chapel Hill, where a teacher rode in the Touchstone Energy hot air balloon. The balloon then headed for Mountain View Elementary School in Jefferson, Unionville Elementary School in Monroe, Jacksonville Commons Elementary in Jacksonville and BF Grady Elementary in Albertson. The week concluded with a Bright Ideas luncheon in Greenville, organized by six eastern North Carolina cooperatives.

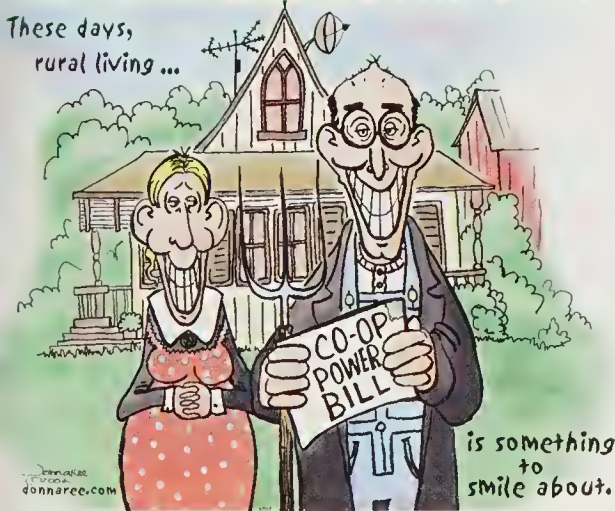
Bright Ideas provides grants to teachers for innovative classroom projects that would not otherwise be funded. The program has funded more than 3,000 projects, which have involved more than 550,000 students.

North Carolina's Touchstone Energy electric cooperatives are part of a national alliance of local, consumer-owned electric cooperatives which provide high standards of service to customers large and small. North Carolina's electric cooperatives serve 2.4 million people in 93 of the state's 100 counties.



Todd Bush Photos

## Light Lines by Donnaree





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# Touchstone Energy: the go-to teammate

## Touchstone Energy cooperatives help build character and pride by sponsoring community sports

By Megan Lybrand

When local sports teams come looking for support, they speak a language that cooperatives understand. Teamwork – doing something better as a group than you can by yourself – is one of the basic building blocks of all cooperatives.

North Carolina's Touchstone Energy cooperatives understand that supporting a local baseball team or sponsoring an athletic event means more than displaying a business logo on the right field fence and an acknowledgement in the printed program. For the same reasons they support cultural, community and educational programs, the co-ops pay attention to local sports activities because they are serious about helping the communities they serve.

Baseball and softball tournaments, swim meets, basketball camps, rodeos, golf tournaments and races can reach all segments of the community and enable athletes and their supporters to begin to realize their full potential. Also, sporting events are good for the community, good for the economy, and good for young people. North Carolina's Touchstone Energy cooperatives have been host to a variety of different sporting events in recent months. The Touchstone Energy presence has been felt on baseball diamonds, basketball courts and golf courses from the mountains to the coast. These are investments not only in the athletic future of the state's youth, but also for many charitable causes important to communities.

In addition to the more traditional softball, baseball and golf tournaments that are a favorite among participants and spectators alike, co-ops sponsor such dynamic events as the Stoneybrook Steeplechase held last April in Hoke County. Among the 20,000 who celebrated the 51<sup>st</sup> anniversary of the Stoneybrook Steeplechase were Central EMC, Lumbee River EMC, Pee Dee EMC, Randolph EMC and South River EMC. The event was held at the brand new Five Points Horse Park, which in 2001 became the permanent home of the fabled Stoneybrook Steeplechase.



*The 51<sup>st</sup> Stoneybrook Steeplechase, co-sponsored by Touchstone Energy, ran at the new Five Points Horse Park in Hoke County.*

Lumbee River EMC, in fact, was instrumental in attracting the horse park to Hoke County.

Rutherford EMC also explored new sporting events by sponsoring the Blue Ridge Swim League Turkey Meet last winter at Lenoir-Rhyne College.

In another distinctive sporting opportunity, Albemarle EMC sponsored a bucking chute in the Second Annual River City Bull Bash at the Newland Truck and Tractor Pull Track in July.

While these sporting events attracted their own particular niche of spectators, cooperatives recognize the benefit of every event to the community at large. They are events that embody the core values of Touchstone Energy: Integrity, Innovation, Accountability, and Commitment to Community.

The financial contribution and countless hours of hard work and preparation that go into each event are all part of the Touchstone Energy cooperatives' commitment to the communities they serve. While each sporting event has a uniquely positive effect in their respective regions, two events, in particular, seem to exemplify the impact that electric cooperatives make in the community.



## 16 & Under Babe Ruth Softball World Series

The Electric Cooperatives of Eastern North Carolina sponsored last summer's Babe Ruth Softball World Series for girls aged 16 and under. Albemarle EMC, Carteret-Craven Electric, Edgecombe-Martin County EMC, Halifax EMC, Roanoke Electric, Tideland EMC and Tri-County EMC teamed up to bring the division's national championship to Greenville during August. The series included softball teams from nine states and attracted more than 5,000 visitors.

Heidi Smith, director of public relations for Tideland EMC, said, "The eastern co-ops were especially pleased to support the girls' softball tournament, since female sports often find it more difficult to secure sponsorships."

A sponsorship of any event is essentially determined by whatever the sponsor chooses to make of it, so the cooperatives opted for a truly hands-on approach. Each day of the 10-day event held possibilities for electric cooperatives and the Touchstone Energy values to

have a real presence at the games. By taking advantage of first pitch opportunities and the like, the cooperatives were able to put a local face on the event.

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***"The eastern co-ops were especially pleased to support the girls' softball tournament, since female sports often find it more difficult to secure sponsorships."***

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Heidi Smith

What the co-ops found most notable about the experience, however, is how encompassing and far-reaching Touchstone Energy truly is. Of the nine out-of-state teams participating in the series, four came from communities served by Touchstone Energy co-ops. When the girls arrived at the fields for play, they recognized the Touchstone Energy logo and name and were able to make the connection between their own Touchstone Energy cooperative and those sponsoring the Babe Ruth World Series. Smith noted that the series was actually "a regional opportunity to do a national sponsorship."

Even more important than the bond the girls felt through Touchstone Energy is the lasting impression the event left with them. Team play at this level of competition can be extremely expensive. The girls and their supporters need financial help to continue playing on the national scene. Sponsorships make these sporting events possible.

Furthermore, sporting events such as the Babe Ruth Softball World Series foster and promote emerging young athletes. The pitcher from the winning LaGrange, Texas, team was later featured in the Sports Illustrated "Fresh Young Faces" section. The caring and responsible support of corporate sponsors like the electric co-ops makes it possible for these emerging young athletes to receive recognition for their superior abilities.

Smith believes that the 16 & Under Babe Ruth Softball series filled both a regional and national need. In addition to bringing pride to the eastern co-ops for a well-organized and executed event, the series improved relationships with co-ops in other states and reinforced the expansive reach of Touchstone Energy as a whole. As Smith said, "We're all in this together."



*The 16 & Under Babe Ruth Softball World Series was co-sponsored by eastern North Carolina's Touchstone Energy cooperatives.*



## East Coast Invitational Team Camp

For four steamy days in the middle of July, 12 high school basketball teams had the opportunity to play their hearts out for college scouts from up and down the East Coast. Jones-Onslow EMC sponsored the East Coast Invitational Team Camp in Jacksonville. Organized by Coach Wells Gullledge of Kinston High School, the camp is one of the top high school tournaments in the region and the only NCAA certified camp on the East Coast.

The camp provides the opportunity for coaches to see players compete in their natural team surroundings, with their own high school coach and teammates. Such an atmosphere showcases a player's ability, not just as a superior athlete, but also as a "coachable" and malleable teammate.

The camp attracted more than 1,000 spectators and 75 college scouts from the Southern Conference, Conference USA, Colonial Athletic Association and coaches from nearly every school in the ACC, including South Carolina's David Odom and Wake Forest's Skip Proser. The round-robin tournament included 10 teams from North Carolina, one team from South Carolina, and one team from Florida. In addition to North Carolina's 4-A and 3-A champions, seven Nike All-Americans attended the tournament.

More than simply donating money, Jones-Onslow also helped the high schools organize the event. Jones-Onslow has a long tradition of community involvement and was pleased to be able to contribute to the community where its employees and members live.

The East Coast Invitational Team Camp provided an opportunity to impact a diverse segment of the region. Jones-Onslow Manager of Corporate Communications Steve Goodson said, "Academically, we do so much for schools through the Bright Ideas



*The East Coast Invitational Team Camp was co-sponsored by Jones-Onslow EMC in Jacksonville.*

grants, so sponsoring the tournament allows us to do something for school athletics, which is an important part of being a well-rounded student. Plus, it provides kids in the area with a great local opportunity and gives visitors exposure to the community."

As with the Babe Ruth Softball series, the economic impact of the East Coast Invitational Team Camp was an important aspect of the sponsorship. The cost of attending team camps can be prohibitive for some high school athletes. By sponsoring such a reputable camp in their own community, Jones-Onslow EMC helped lift the financial burden from local athletes who otherwise might have faced extensive traveling and housing costs. These students, like those at the Greenville World Series, went home remembering who made it possible for them to attend.

The athletes themselves were not the only people to benefit from the East Coast Invitational Team Camp. For days, the city of Jacksonville played host to 12 high school basketball teams, their families and supporters, and several dozen college recruiters. "Parents, coaches, spectators, and recruiters from outside the area came into town and ate at our restaurants, stayed at our hotels, bought our gas, and went shopping at our stores," said Goodson.

Not only did that influx of visitor dollars help the local economy, it also gave the community a sense of prominence. "Two years ago," said Goodson, "if you had told anyone that people would be traveling to Jacksonville, North Carolina for a sports camp, they would have thought you were crazy. We're not metropolitan, but this is exposure for the area. The community can take pride in the sponsorship."

Megan Lybrand is an intern with the Corporate Communications Department of North Carolina's Touchstone Energy cooperatives' state office. She is a senior, studying communications, at N.C. State University.



*Impressing college scouts at the East Coast Invitational camp.*





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# The Thrill of Victory

## The greatest moments in North Carolina's sports history

North Carolina's soil, air and communities have bred plenty of outstanding athletes, some of whom went on to glory elsewhere while others remained here to thrill friends, neighbors and followers. We also have produced our share of sports and sports events. Before I learned otherwise, I thought both golf and basketball were invented in North Carolina. And I *know* stock car racing began here.

When Carolina Country asked you to name the most significant moment in North Carolina sports history, most submissions named college basketball events, especially UNC's 1957 national championship (the first for a team from the South), N.C. State's 1983 miracle championship, Duke's back-to-back titles in 1991 and 1992, then UNC's taking the title from Duke in 1993.

Others wrote about events in their own lives and close to the home field.

The selection here was made by judges who promised us they brought no favoritism to the task. The same is true for our selection of photography.

Thanks to everyone who reached us. The themes and rules for our "Nothing Could Be Finer" series are on page 18.

Go Heels.

— Michael E.C. Gery

*Pictured above:*

*N.C. State coach Jim Valvano and players after the 1983 national championship.*

*Pictured next page:*

*After he won the Winston in Charlotte in 2000, Dale Earnhardt Jr. (left) appeared on the victory stand with his dad.*



### The Wolfpack's win, April 1983

The greatest moment in North Carolina sports would have to be when Lorenzo Charles slammed the winning bucket for N.C. State in the 1983 NCAA tournament. That was the "Cardiac Pack" at their best. Last second before the final buzzer in overtime.

Charles didn't even realize what had happened. He was just playing ball the way he was taught. The look on his face when it dawned on him what had happened was a pure treasure. I yelled so hard and so long I got hoarse from it. I called my brother, who is a graduate of State, and all we did was holler at each other in pure glee! What a thrill that was!

And when Coach V came on the court, face aglow, arms held to the air, oh my, what a sight he was! Never have I seen a man more excited, happy, proud than he was at that moment. So glad that man had that wonderful thrill happen in his oh-too-short life.

Not only was that the finest moment in North Carolina sports because my team had won an amazing, exciting victory, but a good man who cared about people had achieved a goal with the young men he nurtured.

Jane W. Bozeman  
Lexington  
EnergyUnited

*Editor's Note:* The final game of the 1983 NCAA men's Division I championship on April 4 ended at the buzzer in regulation time, with N.C. State the unlikely winner 54-52, as Lorenzo Charles slam dunked a 35-foot airball tossed by teammate Dereck Whittenburg. The Wolfpack had trailed by four with 3:09 left, but Whittenburg hit back-to-back jumpers to tie the game with 1:59 left. Houston's Cougars included Akeem Olajuwon and Clyde Drexler and were ranked No. 1 in the nation. N.C. State finished the regular season 17-10, but won a berth in the tournament by winning the Atlantic Coast Conference tournament in Atlanta. In the ACC tournament, State beat Carolina 91-84 in overtime in the semifinal, then beat Virginia 81-78 in the final. Carolina was ranked No. 7 nationally and starred Michael Jordan and Sam Perkins, while Virginia was ranked No. 4 nationally and starred Ralph Sampson. State went on to beat Virginia again 63-62 in the West Regional finals. In the Final Four at Albuquerque, the Wolfpack beat Georgia before meeting Houston.



## UNC on TV, March 1957

It was 1957, on a Saturday in March. My parents had just brought my 17-year-old sister home from Duke University hospital. She had surgery for a terminal brain tumor and was to be bedridden. Since we did not have a TV, my uncles pooled their resources and bought my sister a TV that she could watch during her long hours in bed.

Our family settled down for our first night of TV in our own home. At about 9 p.m., the usual bedtime hour, my mother and younger brothers and sisters went to bed. However, my father and I remained up because there was to be a special basketball game on, UNC versus Kansas for the NCAA championship.

The game was a thriller, heart-stopping from beginning to end, and at the end it was tied. After the first overtime, my mother insisted that my father go to bed, and he did. I remained up, through two more OTs, and the game ended at 12:15 a.m. with UNC winning 54-53.

That day was one of firsts: our first TV, first televised game and the first NCAA championship for UNC. What a day!

Tommy Denning  
Locust

Union Power Cooperative

## The day of Dean Smith's letter, 1993

Any Carolina basketball fan would know that April 5, 1993, was the day UNC won the national championship beating Michigan 77-71 in the Louisiana Superdome in New Orleans.

My sister and I had gained tickets in the lottery about nine months before the tournament. At that time, she didn't know she had incurable cancer. By the time UNC began its tournament run, she knew and did her best to stay healthy just in case Carolina made it to the Final Four. She made it to New Orleans and climbed those humongous steps to see her alma mater win the national title. What a wonderful time that was for her. Thanks to Dean Smith and the squad, she had a final dream fulfilled.

But the best day came on June 30, 1993, when Dean Smith answered our personal letter. Some of it was form text for loyal fans, but he wrote 36 personal words and said he had told Lynch and Salvatori what fans we were of the team, and them in particular. What a gentleman Dean Smith is.

Gail C. Johnson  
Arapahoe  
Tideland EMC

## Dale Jr.'s Winston Cup 2000 win

My favorite will always be the Winston Cup on May 20, 2000, at Lowe's Motor Speedway in Charlotte. It was an awesome experience to be at the Winston and watch Dale Earnhardt Jr. come up through the pack in the final segment to win the race. It was also a lot of fun to watch his father come to Victory Lane to celebrate with him. That was an awesome moment for both North Carolina sports and for NASCAR.

Gretta Paugh  
Mooresville  
EnergyUnited



## When Jim Valvano hugged anyone in sight

The phrase "We all go to NC State" must have been written with Jim Valvano in mind. On April 4, 1983, Coach V led the "Cardiac Pack" to the NCAA basketball championship.

After surviving thrilling games in the early rounds and advancing to the championship game, the NC State Wolfpack defeated "Phi Slamma Jamma" and the Houston Cougars to bring the national championship home to North Carolina.

Jim Valvano taught us the joy of being a fan. Our family had assigned seats for every game. I sat on the couch with Mom, while Dad was in his recliner. As Lorenzo Charles caught Dereck Whittenburg's pass and time expired, "V" ran around looking for someone to hug in Albuquerque, while we hugged each other in Surry County.

The charismatic, animated and often imitated Valvano found a way to win with the less athletic, but more fundamentally sound team.

You do not have to be a Wolfpack fan to appreciate Jim Valvano. His legacy of togetherness and family tells us the strength of the "Wolf" is the "Pack." Jim Valvano used Wolfpack athletics as a vehicle for bonding the state of North Carolina to its finest sports moment.

Lisa Brown  
Siler City  
Surry-Yadkin

Continued on page 18



# SEND us your best. Earn \$50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

**March 2003**  
"My Tips for Good Gardening"  
Tell us the technique that makes your garden grow.  
Deadline: Jan. 15

**April 2003**  
"Best North Carolino Vacation — Off the Beaten Path"  
Where, why and send pictures.  
Deadline: Feb. 15

**May 2003**  
"We Actually Sow o Wild. . ."  
Tell us about what you saw in the North Carolino wilderness.  
Deadline: March 15

**June 2003**  
"The Finest Food in North Carolino"  
If you had to pick one North Carolino specialty, what would it be and why?  
Deadline: April 15

**July 2003**  
"Why I Went Back to School"  
What was your most meaningful adult education experience?  
Deadline: May 15

**August 2003**  
"The Funniest Story I Ever Heard"  
True, or not so true.  
Deadline: June 15

**September 2003**  
"My Favorite Photo"  
Our annual photo gallery of North Carolino people and places.  
Deadline: July 15

**October 2003**  
"Why I Like My Electric Cooperative"  
Is a cooperative different than other utilities?  
Deadline: August 15

**November 2003**  
"The Finest Neighbor I Ever Knew"  
Tell us why and send a photo.  
Deadline: Sept. 15

**December 2003**  
"How to Live o Long and Hoppy Life"  
Do you know an older person who sets a good example for staying healthy and hoppy? Send a photo, too.  
Deadline: Oct. 15

## The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, e-mail co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to Nothing Finer, Carolino Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: [carolino.country@ncemcs.com](mailto:carolino.country@ncemcs.com). Or through the Web site: [www.carolinacountry.com](http://www.carolinacountry.com)

## When we coached tee-ball

The finest moment in sports for me was when my husband and I coached young kids playing tee-ball. We had the best time. We loved it when a hitter would hit a ball and the whole team, even the outfield, would chase the ball. Or when one would hit the ball and run from home to second base instead of first. Their little hats were so big they covered up their whole face. The poor tee took one heck of a beating. They would hit it more than they would the ball. Or when they would hit the ball, they would just stand there instead of run. One time my husband had to carry a child to base because he was so shocked that he hit the ball.

I could not wait to go to the games, because no matter how bad my day had been, I knew that being at those games would cheer me up. I never have laughed so hard. If you ever are having a bad day, stop and go to a tee-ball game. By the time you leave, you will feel much better.

Shelley Goff  
Fayetteville  
South River EMC



Justin Lloyd concentrates on the ball.

## When North Carolina basketball grew up



Courtesy of VillCom Sports

UNC's Lenny Rosenbluth scores over Wilt Chamberlain in 1957.

I was a teenager growing up in an eastern North Carolina town. During those years, I would listen to major league baseball on the radio. This was the only sport of interest to me. Then in 1957, the University of North Carolina had a basketball coach from New York named Frank McGuire. He recruited a New York player named Lenny Rosenbluth, plus four other outstanding recruits from New York.

By winning the last two championship games in triple overtime periods, this team won the NCAA basketball championship.

In the championship final, they defeated a Kansas team that had one of the greatest basketball players of all time, Wilt Chamberlain.

I watched these two games on a black-and-white television screen. These games transformed me into a die-hard college basketball fan.

It is my belief that these games helped to create an environment that brought better coaches to North Carolina and inspired kids all over the state to play basketball at an early age. This moment in sports also produced, eventually, two of the best North Carolina basketball players in college history: David Thompson of N.C. State and Michael Jordan of UNC.

These 1957 games played an integral role in making college basketball the sport that it is in North Carolina today.

Jim Heaton  
Blowing Rock  
Blue Ridge Electric



## My first and only Panthers game

To be completely honest, I have never really been a devoted sports fan. Furthermore, I don't really have a distinct memory of any sports team winning a World Series or Super Bowl. But I do have a cherished memory of my very first professional football game.

My daddy had two extra tickets to watch the Panthers play, in the very first year they were in town. Choosing me to accompany him made this day even more special. The Panthers didn't win, but I had the time of my life. As much popcorn as I could gobble up, as much soda as I could guzzle down — this was a dream, considering how much I love to eat.

Just my daddy and me watching big men run after each other and exchange glares of competitive fearlessness. It may have been a common event to the rest of the world, but it is forever a memory to me.

Allyson Willis  
Charlotte

Union Power Cooperative

## When the Hurricanes came here

The finest moment in Carolina sports was when the Carolina Hurricanes came to North Carolina. They are a great addition to the other sports teams that North Carolina can call our own. There's nothing better than sitting down in a cold hockey rink with a nice hot cup of hot chocolate and watching hockey players dressed in five layers of clothes race after a little black puck. It just gives you a rush of happiness to see that little tiny black puck slide into the goal just as the goalie falls over while trying to stop it.

Until North Carolina got the Hurricanes, all we could watch on the professional level were football players in tight pants race after a little pigskin ball and sweaty basketball players run after a brown circular ball. Hockey makes sports fun to watch.

Nikki Elbate  
Charlotte

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Carolina South Carolina



# Rob Amberg's "Sodom Laurel Album"

By Karen Olson House

When writer and photographer Rob Amberg arrived in rugged Madison County, he was romantic about mountain life. His preconceived notions made it hard to understand the people, and the self-sufficient locals were standoffish and quick to defend themselves. They were amazed that a suburban-born male would choose to live in a place without a single movie theater or restaurant nearby.

Amberg had been living in Madison County about two years and was teaching photography at Mars Hill College when he remarked to a student about his difficulty in finding the right locale to document Appalachian culture. She took Amberg to meet her great-aunt, the beloved musician and storyteller Dellie Norton of Sodom Laurel. When Dellie Norton befriended him, a respectful book was born.

"Sodom Laurel Album" is a flowing record of candid recollections by Amberg, Norton and her family interwoven with intimate photographs shot over two decades. Stories and pictures mark harvest seasons for vegetables and burley tobacco, porch gatherings of family and friends, fiddle and banjo ballads, and other traditions in the remote community served by the electric cooperative French Broad EMC. The raw portraits also trace Amberg's personal evolution in understanding mountain ways and the deepening relationship between Amberg and Norton before she died in 1993.

Most photographs were taken between 1975 and 1979, with closing images captured in the 1980s and early 1990s. Pictures offer unexpected details: a rotary dial phone, hair curlers, a rabbit-ear TV set, and they record vanishing chores such as making jam and wringing laundry. Oral histories reveal hardship, courage, pain, strength and love, the stories vivid as bright red apples piled high in a wooden barrel.

Dellie Norton's middle daughter, Tildie Payne, remembers how it was before her dad stopped drinking: *"Back when we was little, Daddy was a hell-cat. He came in drunk and gosh, Mommy had to leave.... He shot the sewing machine. He didn't shoot at people."*

In recalling a flour shortage, Payne says of her mom's cornbread gravy: *"We'd eat that for breakfast. I thought it was real good myself. Some of them complained. Daddy wouldn't let us get in a fuss or a quarrel or nothing... I seed Uncle Branscum's younguns get in a fight at the table. Throwing bread and everything at one another. Now we wouldn't have done that."*

Or Dellie Norton matter-of-factly describing healthcare: *"You just had to make do in them days. Make your own medicine or do without it. ... Part of the time you couldn't ever get up with Old Doc Burnett; he rode an old horse and went everywhere a doctoring. He'd stay week in and wouldn't charge anything."*

An audio CD that comes with the book features rare recordings of ballad singers mentioned and interview excerpts. Included in the 20-track CD are songs by Norton, Sheila Kay Adams, Cas Wallin, Berzilla Wallin, Doug Wallin, Evelyn Ramsey and Edison Ramsey.

The 192-page, hardcover Lyndhurst book is \$45. 136 duotones. It is available at bookstores or from the University. To order, call University of North Carolina Press at 1-800-848-6224, or visit [www.uncpress.unc.edu/books/T-6230.html](http://www.uncpress.unc.edu/books/T-6230.html).



The Asheville Art Museum has been featuring Amberg's pictures in a traveling exhibition. On January 12, Amberg is scheduled to present an informal slide lecture there about his work in Madison County. The museum's exhibit runs through January 19, 2003. It will then move to the Center for Documentary Studies at Duke University in Durham. For more information, contact Asheville Art Museum at 828-253-3227 or visit [www.asheville.org](http://www.asheville.org).

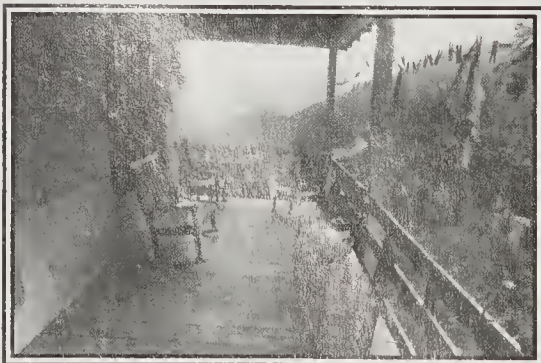
**Pictured Above:** "Juniar and Pet, 1978" © Rob Amberg

**Top**

**Left:** "Dellie playing banjo with her daughter Mary's husband, AB, Junior and musician David Halt, 1978." © Rob Amberg

**Bottom**

**Left:** "Dellie's porch, 1978." © Rob Amberg



*From Sodom Laurel Album, by Rob Amberg, University of North Carolina Press, 2002.  
Published in association with the Center for Documentary Studies. A Lyndhurst book.*



# How soon will the North Carolina oyster disappear?

by Michael E.C. Gery

**T**hey say that months containing the letter "r" are the months to eat oysters. The truth is, oysters may taste better to some people from September through April, because colder water gives oysters a distinctive taste. But you can eat oysters harvested in any month of the year. As long as there are oysters to harvest.

Here is some sobering information about North Carolina oysters compiled and published recently by the N.C. Coastal Federation (NCCF).

- In 1902, North Carolina harvested 1.8 million bushels of oysters. In 1998, the yield was 138,000 bushels. In 2001, it was 48,707 bushels.
- About 1.43 million acres are open to shellfishing in North Carolina. Another 364,132 acres are closed permanently. And another 50,000 acres are "conditionally open," meaning that they are shut down when heavy rainfall pollutes them. Stormwater accounts for more than 90 percent of shellfish closings.
- Oysters contributed an average of \$932,086 to the state's fishing industry in the past 10 years. If you add the annual catch of finfish and crabs (all of which rely on the oysters' habitat for survival), the value of healthy oyster beds is more than \$62 million per year.
- A single market-size oyster can filter about 50 gallons of water per day. In the late 1800s, oysters in the Chesapeake Bay filtered out and cleaned the entire bay in three to six days. Today it takes them an entire year, because there are far fewer healthy oysters.
- More than 75 percent of all fish and shellfish depend on wetlands for growth and survival. North Carolina has lost 49 percent of its wetlands since they've been identified.
- Runoff from pavement accounted for 39 percent of North Carolina's polluted waters in 2000. Agricultural runoff (nutrients and pesticides) accounted for 58 percent of the state's polluted waters from 1995-1999.

George Gilbert, who worked 30 years with the N.C. Shellfish Sanitation Section in the state government until retiring last summer, told the N.C. Coastal Federation, "If we keep going the way we're going and don't do anything different and don't make improvement, within five to ten years, the oyster industry in North Carolina will be gone."

Sen. Marc Basnight, who grew up gathering and shucking oysters in Dare County, told the NCCF, "I blame all of us. People used to say, 'It's the hogs, the hogs, the hogs.' I used to say, 'Look into the mirror. We are the hogs.'"



Seafood Marketing, N.C. Dept. of Agriculture and Consumer Services

The NCCF's longtime executive director Todd Miller said in his introduction to the organization's "2002 State of the Coast Report":

*"Oysters are dying because our coastal ecosystem is grossly out of balance. We've altered salinity patterns with ditching and paving. Stormwater runoff is polluting our waters with nutrients, bacteria and heavy metals. Hundreds of miles of shoreline are now bulkheaded with walls of poisoned wood. The oxygen in coastal creeks, rivers and sounds is all too frequently depleted, creating dead water that is inhospitable to oysters and other sea life that can't move out of the way. . .*

*"The damaged ecosystem must be made whole again. This can only be accomplished by working watershed by watershed, creek by creek, sound by sound."*

While reviewing the rich history of oystering in North Carolina and detailing its contemporary problems, the NCCF also reports on projects that are helping to restore the fishery.

Volumes of studies and shellfish habitat improvement plans exist in Raleigh and elsewhere, but few have been taken seriously until recently. The NCCF says there is some hope now that the specter has appeared of a vanishing shellfish and the destruction of its habitat that allows other fish to thrive. The state's Clean Water Management Fund of 1996 has been of major help, even though every year the fund is subjected to budgetary wrangling and has survived largely through the efforts of Sen. Basnight. Some coastal communities are limiting installation of central sewer systems as a way to control development and water pollution. Some developers are working on ways to build less intrusive breakwaters and housing projects. University, government and private organizations are establishing shellfish restoration projects on the sounds and bays along the coast.

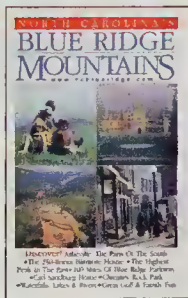
"We're optimists around here," says the NCCF report. "We think we have it in us to keep our native oysters from becoming one of those relics."

For a free copy of the "2002 State of the Coast Report," contact the N.C. Coastal Federation at 3609 Hwy 24 (Ocean), Newport, NC 28570. Phone: (252) 393-8185. E-mail: [nccf@nccoast.org](mailto:nccf@nccoast.org).



## Blue Ridge Mountains guide

A free guidebook to the Blue Ridge Mountains covers children's activities, scenic drives, B&B and inn accommodations, mountain golf, fairs, and festivals. Content also describes little-known attractions such as Forest City's Farm Museum and Green River Plantation in Rutherfordton. Call Blue Ridge Mountain Host at (800) 807-3391 or visit [www.ncblueridge.com](http://www.ncblueridge.com).



## Handmade folk art



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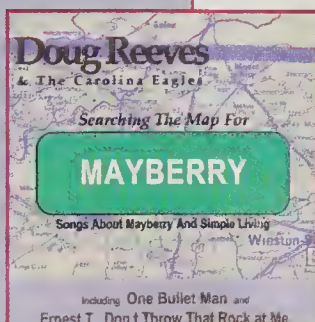
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## Mayberry CD

Simple living, whether in the fictional town of Mayberry or in the real town of Mount Airy, is the heart of musician Doug Reeves' new acoustic, country-style CD, "Searching the Map for Mayberry." Reeves, who grew up in Mount Airy, and his band The Carolina Eagles, hopes its songs bring a smile to listeners' faces. Titles such as "Ernest T—Don't Throw That Rock at Me" and "The One Bullet Man" (about deputy Barney Fife) are a humorous bow to "The Andy Griffith Show." Another song he co-wrote with his 81-year-old aunt, "Growing Up On the Farm," recalls when you plowed with a mule and didn't lock your doors. The 11-track CD is \$12. Visit [www.cdbaby.com](http://www.cdbaby.com) or send \$12, plus \$3 for shipping and handling, to Mayberry Music, P.O. Box 442, Mount Airy, NC 27030. You can also buy the CD at Floyd's City Barber Shop in Mount Airy.



## Folk music CD

Cape Hatteras resident Noah Paley's latest CD, "Small Truths," features Paley's clear voice, folk instrumentation and his thoughtful lyrics, with tracks such as "Boy," "Lady Love Me" and "Edge of Time." Critics described his acclaimed debut CD, "Sticks & Stones," as "perfectly formed." Paley was a finalist in UNC-TV's "Carolina Calling" talent competition, sponsored by Touchstone Energy cooperatives, and was selected by the North Carolina Arts Council to showcase at the 2002 ArtsMarket. Fifteen tracks. CD is \$14.97. Visit [www.efolkmusic.com](http://www.efolkmusic.com) or call (919) 967-8338.



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## Music to kids' ears

A new, interactive country music video is designed for babies ages 4 months on up to toddlers ages 36 months. Country renditions of classics include the soothing nursery favorite "Twinkle, Twinkle Little Star," along with "Old MacDonald," "On Top of Old Smokey," and "Dixie." Puppets, visual animation and the rhythmic sounds of fiddle, guitar and piano help get your child giggling, wiggling and dancing. Length: 30 minutes. The video sells for \$14.98. Visit [www.CountryBabyVideo.com](http://www.CountryBabyVideo.com).



## Visit the Carolina Country Store

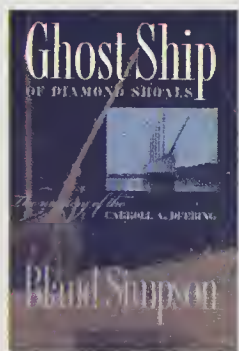
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The store is open 24 hours a day, everyday, at [www.carolinacountry.com](http://www.carolinacountry.com)



## ON THE BOOKSHELF



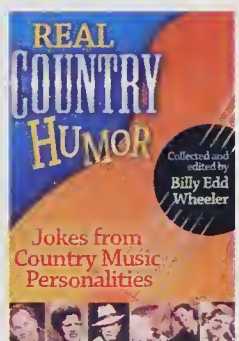
### "The Mystery of the Carroll A. Deering"

On January 31, 1921, a Coast Guardsman spotted the wreck of the "Carroll A. Deering" off the North Carolina shore. Although the schooner had all sails set and coffee on the stove, no crewmembers were found. To this day, their fate is considered one of the greatest mysteries of eastern North Carolina history. A new book by Bland Simpson, "Ghost Ship of Diamond Shoals," explores the ship's disappearance. The Chapel Hill author used old letters, newspaper stories and government accounts, along with created characters, to weave fiction and fact. From a cryptic message in a bottle to an anonymous vengeful warning, Simpson follows leads that surfaced during the official investigation and sheds new light onto theories. Hardcover, 242 pages, published by University of North Carolina Press. \$24.95. Visit [www.uncpress.unc.edu](http://www.uncpress.unc.edu) or call (919) 966-3561.



### "Best-Dressed Southern Salads"

People often think of Jell-O or mayonnaise when they hear "southern salads." "Best-Dressed Southern Salads: 101 Sumptuous Salads from Key West to Washington, D.C." travels past the usual Jell-O molds, and presents creations by Southern hostesses or named after Southern locations. Author Vicky Moon, who covered the rich and famous for the Washington Post, presents concoctions such as "Cucumber Dressing for Cold Poached Salmon," "Caroline Dressing" and "Mrs. Gotrock's Palm Beach Fruit Salad Dressing" in the slim cookbook, and tosses in tips about food staples such as the tomato. Softcover, 115 pages, published by International Publishers Marketing, Inc. \$9.95. Visit [www.capital-books.com](http://www.capital-books.com) or call (800) 758-3756.



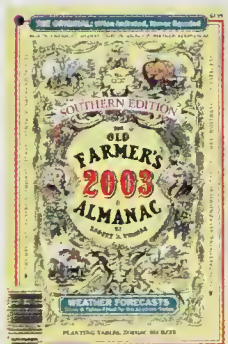
### "Jokes from Country Music Personalities"

What would Dolly Parton find funny? Or Kenny Rogers and Chet Atkins? Billy Edd Wheeler's collection lets us in on the fun in "Real Country Humor: Jokes from Country Music Personalities." The songwriter author has long rubbed funnybones with country music folks, and contributors include Vince Gill, Elvis Presley, Charley Pride, Mel Tillis, Minnie Pearl, Roger Miller, Jerry Reed and Tom T. Hall. Chapters focus on themes such as "Rural Life," "Show Business" and "Home Front." Short bio of each contributor. Softcover, 129 pages, published by August House Publishers. \$6.95. Visit [www.augusthouse.com](http://www.augusthouse.com) or call (501) 372-5450.



### "A Civil Mystery"

An unspeakable tragedy...a suspicious sheriff...and a young lady presumed dead. "Presumed Dead: A Civil War Mystery" is a lyrical tale of the author's ancestors whose peaceable lives in the Blue Ridge Mountains were shattered four months after the war had supposedly ended. Author Howard Alley merges family legend with historical facts in a speculative account of the events that preceded the mysterious disappearance of Colonel John Alley's niece, Cornelia Norton. Softcover, 241 pages. Costs \$16 from local booksellers or \$22 (includes shipping and tax) from publisher Bright Mountain Books. Email [BooksBMB@aol.com](mailto:BooksBMB@aol.com) or call (800) 437-3959.



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# The finishing line for the world's jeans

**How a country boy, his devoted employees and their electric cooperative kept textile plants thriving at home**

Text and photos by David Icenhour

**T**he 33,000 people in Alexander County put their pants on just like everybody else does. The only difference is they have millions of pairs of pants.

Thanks to a homegrown company, Taylor Togs, the county seat of Taylorsville is the site of the Levi Strauss Company's largest domestic producer of jeans. In a year's time, some 1.5 million pairs of jeans pass through one of the world's most modern jeans finishing plants on their way to retail outlets across the nation and the world.

Incorporated in 1971, Taylor Togs began producing jeans in an old schoolhouse, and their first production line included about 20 people who produced jeans under the "Anvil" brand as well as the Taylor Togs line of jeans. In the past 31 years, owner Grier Lackey, a self-professed "country boy," has watched the company grow to three facilities with some 400 employees.

Taylor Togs also has production facilities in the North Carolina towns of Micaville and Bakersville. The Taylorsville facility operates under the name Apparel Technologies and is the finishing plant where jeans make their final production stop. Here, jeans are washed and given that all-important worn look, which today's fashion demands.

In addition to Levi Strauss, the company has produced jeans for Wrangler, Calvin Klein, Vanity Fair, Abercrombie & Fitch, Bob Timberlake, and a long list of other clothing companies. A current line of Levi "Vintage" jeans are produced with a serial number for



Taylor Togs employee David Farthing uses an air-driven tool to fray the edges of jean pockets for that worn-out look.

each pair, and because only 500 pairs are made in two styles, the jeans sell in high fashion stores for between \$2,000 and \$4,000 a pair. Not bad for a "country boy."

While it's impressive that a small company in a small town has grown to see revenues of around \$15 million per year, it's even more impressive that the company is still going strong in an area where apparel manufacturing has largely moved offshore, taking thousands of jobs along for the ride.

"We've been very fortunate," Lackey said as we talked one Saturday morning in his Taylorsville facility. "We have continued to be innovative, and we are the last of a dying breed of U.S.-based clothing manufacturers. We have survived by having the flexibility to take on specialty products, by being able to quickly fill in the gap when there's a shortage of a product on the retail



shelves, and by specializing in style and fashion. Bulk manufacturing is less expensive out of the country, but they can't offer the service that we can."

### The electric cooperative boost

A large part of the special service that Lackey beams about is the finishing plant in Taylorsville, which may be the most modern such facility in the country and possibly the world. Its creation was assisted by the cooperative Crescent Electric Membership Corporation, now known as

EnergyUnited since its merger with Davidson Electric Membership Corporation in 1998. In 1996, Crescent Electric applied for and received a \$325,000 no-interest loan from the Rural Business and Cooperative Development Service of the U.S. Department of Agriculture. That loan for Apparel Technologies was combined with a \$75,000 no-interest loan from the electric cooperative itself. Lackey says that loan was an important key in planning the facility.

"We were planning a \$2 million facility and were looking for funding," he noted. "That

loan helped us build a bigger, more modern facility that provided more jobs than we would have been able to without the loan. The loan was very important to the company and to the town because the additional jobs we created helped the town receive a grant to upgrade the sewer system. The upgraded sewer system allowed the town to accept more business, which added more jobs for residents of the town and county. So, the loan really created a positive cycle."

### How today's jeans are finished

The finishing facility is the crown jewel in the company's production process. In today's world, a pair of jeans is not a pair of jeans until it has that pre-washed feel and look. It's a lot more complicated than it sounds and, in fact, Lackey refers to the process as "artistic."

"People don't want the rigid jeans that we produced



Taylor Togs owner Grier Lackey displays jeans material with intricate designs etched by a laser machine. Laser designs are virtually unlimited.

in 1971," he said with a smile. "They want jeans that look like they're about worn out."

That worn look doesn't come by accident. The process to produce wear patterns on jeans is a science, and the Apparel Technologies plant includes a laboratory for testing the effects of the many chemicals used on the fabrics. Jeans are placed in giant washing machines, 200 pairs at a time, in a "recipe" of chemicals and rocks, which soften the materials and give them a "used" look.

"We consider laundry as an art," Lackey said seriously as he leaned against one of the behemoth machines. "If you're not careful, jeans can go in, but rags come out."

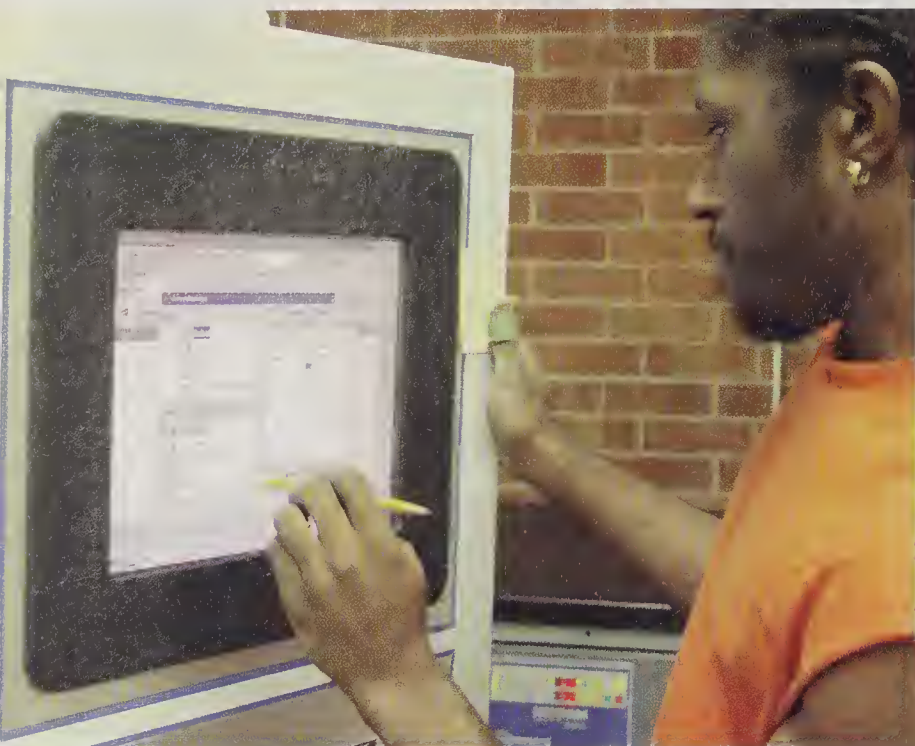
Wear patterns are very specific and to get the desired results, sandblasting and hand sanding has been an industry-wide process.

In the Taylorsville finishing plant, sandblasting and hand sanding have given way to high-tech lasers of the same variety a physician might use to zap a cancer cell.

In March of this year, Apparel Technologies installed two prototype laser machines, which have a cost of \$1 million each. The lasers are produced by a company called Technoblast of Cleveland, Ohio. Lackey's company

Continued on page 12





operating the lasers on a royalty basis and is helping to work the bugs out of the new system. Eating about \$1,500 in electric costs each month, the lasers make up for that expense in speed and versatility.

"These are the only two machines of this kind in the world," Lackey said. "The lasers will set new standards with the designs that can be created. We can do in 28 seconds what it takes several minutes to do with sand blasting and hand sanding. When you're talking about 1.5 million pairs of jeans, that's a lot of time saved, not to mention a more stylish design. The lasers are used to "antique" the fabric or give the jeans a moth-eaten look. There's no limit to the designs that can be created using the lasers. This is the most innovative, modern finishing facility in the country and maybe the world."

Technology is not confined to the Taylorsville facility. Sewing jeans is not like your mother used to do. The production facilities in Micaville and Bakersville are equipped with automated, computer-driven sewing machines programmed by computer experts. However, even with the most modern and unique equipment, Lackey stresses his company isn't successful simply because of technology.

"We made an investment with EnergyUnited in the facility, but the investment in our employees has allowed us to find our niche," Lackey said. "The labor force and our

management is the key. The people in Alexander, Mitchell and Yancey counties have a great deal of craftsmanship, and have been able to adapt with us. You have to have talented, cooperative people to survive. We've been able to offer a reasonable income to employees, and it's income that people have been able to count on for 30 years."

EnergyUnited's Chief Executive Officer R.B. Sloan Jr. noted that the partnership with Taylor Togs is an example of EnergyUnited's commitment to the community.

"EnergyUnited has a long history of being involved in the communities it serves," Sloan said. "Assisting Taylor Togs with grant funding and providing a no-interest loan serves as an example of our desire to see communities progress in ways that are beneficial and meaningful to the people who live there. EnergyUnited wants to offer the services that people need, such as electric service, propane service, phone service, Internet service, and many others. However, at the same time, we want to

offer services that improve lives, such as the Bright Ideas grant program to benefit students, and the EnergyUnited Foundation that has given more than \$1 million to those in need. We are involved in education and safety programs, as well as economic stimulus activities. Our focus will continue to be on the communities and the people that we serve."

While Taylor Togs has survived for 30 years through a combination of creative financing, careful planning, luck and dedication on the part of management and

employees, there is also a basic philosophy which is the cornerstone for Lackey's success: Believe in what you do and work hard at enjoying your work. Putting in 15-hour days, Lackey says he himself is almost always working.

"Years ago, when I quit a job as manager of a furniture manufacturing company, my Dad said I was crazy," Lackey recalled with a smile. "I didn't argue with him, because I thought he might be right. You have to make yourself available for opportunities, and sometimes, things fall into place. I don't consider anything I do as work. Work is life on a tobacco farm – what I do is fun."



Above left, Nick Dula uses a computer screen to enter commands for one of Taylor Tog's \$1 million laser machines while, below, owner Grier Lackey examines the results.

*David Icenhour is a native of Alexander County and writes freelance during his spare time.*



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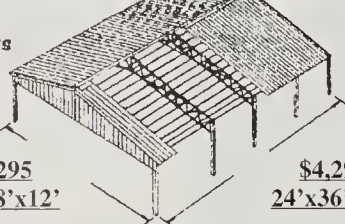
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- 5. Add the digits in columns U, T, and H. Enter your answer here:     \_ \_
- 6. Divide the number in line 5 by the number you entered on line 1. You will find your answer on page 32.

Answers on page 32

**MATCH BOXES**  
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**Putt'er There!**

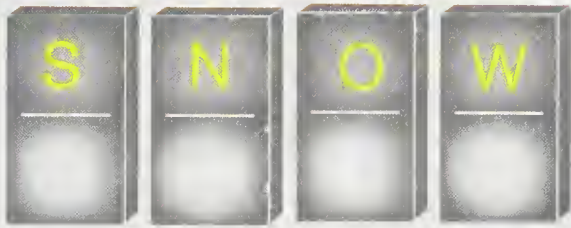
9	4	4	3	5	1	8	6	7	2	4	0
A	L	L	I	N	T	H	E	G	O	L	F

T	O	O	H	F	G	A	L	F	G		

X     \_ \_  
          H


Match the boxes above with the boxes below to create a multiplication problem. Solve the problem and write your answer in the box tops. Then match boxes again to find four hidden words in your answer.

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Letters have been substituted for digits in this multiplication puzzle. Given F=7, can you replace the missing digits?



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4 4 8 3    2 8 8    7 2 8 3 7  
G \_ \_ \_ \_  
H \_ \_ \_ \_  
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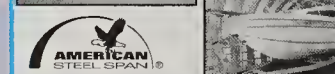
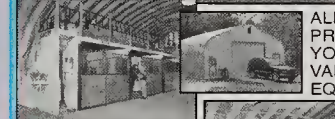
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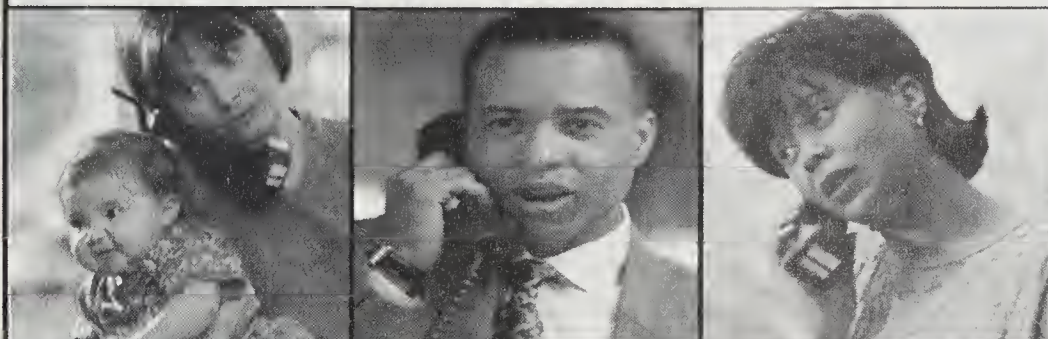
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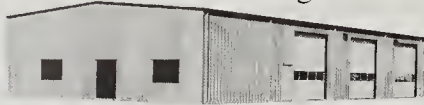
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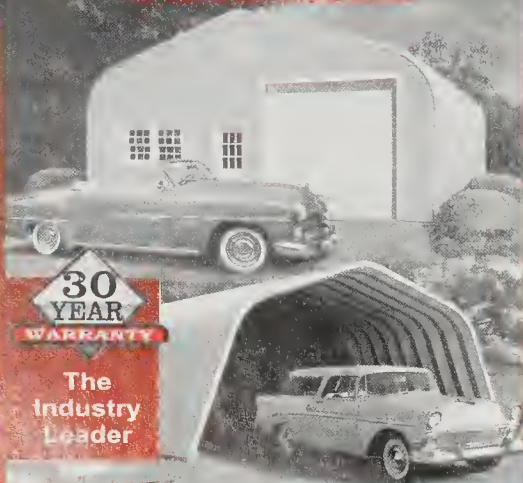
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# FINDING PEOPLE

with a little help from

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You can find a mind-boggling amount of information on the Internet about virtually every conceivable subject. Though you can't find everything. Sometimes you have to use traditional offline sources, such as books and libraries.

The same is true with people. The Internet makes it easy to find people, but you won't be able to find everybody.

The Internet offers many people-searching tools, whether you want to reconnect with those from your past or find employees, contractors, consultants, and suppliers to help you solve current problems.

One of the Internet's more intriguing people-request applications is alumni searching. The Internet's forte has always been in bringing people together, and the second most popular site in terms of paid subscribers on the entire Internet is Classmates Online, according to the market research firm Intermarket Group. The Classmates site, found at [www.classmates.com](http://www.classmates.com), can connect you whether you're formally involved in planning a reunion or just want to informally reminisce with old chums you've lost touch with. Launched in 1995, Classmates is a Web old-timer. More than 32 million people have registered with it, and more than 1.7 million people have paid to receive additional features, says company spokesperson Karli Overmier. It's free to register, to include your contact information, and to look for old classmates. A fraction of the people in any given class will have registered, however, I found that 85 people from my high school graduating class of about 500 students had done so.

If you want to contact old classmates, you have to become a "gold" member, which costs \$36 per year. About 5 percent of people who've registered have done that, says Overmier.

Classmates tries to maintain control over the communication process. You send a message through Classmates' Web site to whomever you want to contact. Classmates sends an e-mail message to your recipient, indicating he or she can read your message at the Classmates Web site. When your recipient reads your note, you get an e-mail message from Classmates about this. If your recipient responds, you get another e-mail from Classmates indicating you can read his or her response at the Classmates Web site. You can of course exchange e-mail addresses at any time.

I sent a message through the site to 10 old classmates. Six people read my message, a decent percentage. People who registered in the past and who've since changed their e-mail addresses, however, will not receive word that you're trying to contact them.

Initially, only four of the six people responded. I was left wondering how could the two people who didn't respond possibly know I'm still the dork I was back in high school. But then I heard from the fifth person and somehow felt vindicated.

Classmates maintains databases not only of schools (kindergarten through college) but also camps, military organizations, and companies. It's still a work in progress, but it has its benefits. Debbie Robinson of Penn Valley, Pa., went to a camp reunion this past Labor Day weekend that was organized with the help of the service. She says it was a resounding success, with more than 300 people showing up.

The Internet provides other ways to find people, including free "white page" services listing phone numbers, addresses, and sometimes e-mails. The best include Switchboard.com at [www.switchboard.com](http://www.switchboard.com), Yahoo People Search at <http://people.yahoo.com>, and Whitepages.com at [www.whitepages.com](http://www.whitepages.com).

These services aren't foolproof for finding people. Not everyone has a listed phone number. And you may have to sort through many listings with people who have common names.

You can also do a Web search using a search engine such as Google at [www.google.com](http://www.google.com) to find people's home pages or mention of them elsewhere on the Web or in Usenet discussion groups. But not everyone is on the Internet.

If your people searching needs are specialized, employment sites like [www.monster.com](http://www.monster.com) can help you find the right employee, while contractor sites like ServiceMagic at [www.servicemagic.com](http://www.servicemagic.com) can help you find the right contractor. Again, these services are limited because not everyone is online.

Once you've found someone and need to find information about this person, the Web can help as well. Choicepoint at [www.choicepoint.net](http://www.choicepoint.net) is one of a number of pay services that let you perform such tasks as doing background checks on job applicants and verifying the licenses and other credentials of doctors and lawyers.

The Internet does a credible job as a bloodhound. Though as with virtually everything else, the Net is comprehensive but not complete.

## People-finding sites

classmates 32 Million Friends & Growing

[www.classmates.com](http://www.classmates.com)

[www.switchboard.com](http://www.switchboard.com)

<http://people.yahoo.com>

[www.whitepages.com](http://www.whitepages.com)

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# January *EVENTS*



Rory Block combines classic R&B with a cappella gospel and traditional ballads. She is noted for her acoustic blues guitar songs. Block will be performing Friday, January 24, at The ArtsCenter in Carrboro. Call (919) 929-2787 or visit [www.artscenterlive.org](http://www.artscenterlive.org).

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**Body Carnival**  
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(800) 935-0204.

**Rodeo**  
Jan. 3-5. Asheville.  
(910) 230-1004.

**Victorian Celebration**  
Through Jan. 4. Asheville.  
(828) 253-9231.

**Quilt & Comforter Show**  
Through Jan. 5. Lenoir.  
(828) 758-4004.

**Animal Art**  
Opens Jan. 8. Jefferson.  
(336) 246-ARTS.  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Talent Night**  
Jan. 11. Jefferson.  
(336) 246-2787.  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Wolf Howl**  
Jan. 14. Asheville.  
(828) 298-5600.

**Fringe Arts Festival**  
Jan. 17-19. Asheville.  
(828) 254-2621.

**Peter Cincotti Concert**  
Jan. 18. Asheville.  
(828) 257-4512.

**Women's Poetry Mic**  
Jan. 18. Asheville.  
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**Blue Ridge Jamboree**  
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(800) 286-6193.  
[www.surryarts.org](http://www.surryarts.org)

**Tribute to Lewis Grizzard**  
Jan. 24. Spindale.  
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[www.FoundationShows.org](http://www.FoundationShows.org)

**London City Opera**  
Jan. 24. Asheville.  
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**Swing Dance Weekend**  
Jan. 24-26. Asheville.  
(800) 438-5800.

**RV and Boat Show**  
Jan. 24-26. Asheville.  
(828) 686-3414.

**Dance Festival**  
Jan. 24-25. Asheville.  
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Jan. 5. Statesville.  
(704) 871-8353.  
[www.perryauction.net](http://www.perryauction.net)

**Story Salad for Kids**  
Jan. 10. Winston-Salem.  
(336) 721-1945.

**George Winston**  
Jan. 11. Winston-Salem.  
(336) 721-1945.

**Pottery Exhibit**  
Through Jan. 12. Fayetteville.  
Free. (910) 485-5121.

**"Curious Cures" Exhibit**  
Jan. 12. Mint Hill.  
(704) 573-0726.

**Planetarium Show**  
Through Jan. 15. Greensboro.  
(336) 288-3769.

**Train Exhibit**  
Through mid-January.  
Oakboro. (704) 485-3612.

**American Songs Concert**  
Jan. 16. Wingate.  
(704) 233-8300.  
[www.wingate.edu](http://www.wingate.edu)

**"Little Engine That Could"**  
Jan. 16-17. Winston-Salem.  
(336) 725-4531.  
[www.childrenstheatrews.org](http://www.childrenstheatrews.org)

**Bluegrass Concert**  
Jan. 18. Statesville.  
(704) 871-8353.

**Winston Cup Preview**  
Jan. 18. Winston-Salem.  
(800) 331-7018.  
[www.visitwinston-salem.com](http://www.visitwinston-salem.com)

**Square Dance**  
Jan. 18. Denton.  
(336) 475-9397.

**Crafts Exhibition**  
Through Jan. 19. Fayetteville.  
Free. (910) 485-5121.

**"Aesop's Fables"**  
Jan. 21. Yancyville.  
(336) 694-4591.

**Guitarist David Burgess**  
Jan. 23. Wingate.  
(704) 233-8300.  
[www.wingate.edu](http://www.wingate.edu)



### "Annie, Get Your Gun"

Opens Jan. 24. Fayetteville.  
(910) 323-4233.

### African Art

Opens Jan. 24. Fayetteville.  
(910) 485-5121.

### Korner's Folly Puppet Show

Jan. 25. Kernersville.  
(336) 996-7922.  
[www.kornersfolly.org](http://www.kornersfolly.org)

### Pinhole Photography

Opens Jan. 25. Winston-Salem.  
(336) 725-1904. [www.secca.org](http://www.secca.org)

### Civil War Quiz

Jan. 30. Fayetteville.  
(910) 486-1330.

### Sterling & Reid Circus

Jan. 31-Feb. 1. Winston-Salem.  
(336) 725-5635. [www.ljvm.com](http://www.ljvm.com)

### Who's Afraid Of Virginia Woolf

Jan. 31-Feb. 1. Winston-Salem.  
(336) 748-0857.  
[www.littletheatreonline.com](http://www.littletheatreonline.com)

### 70s Film Festival

Through March. Greensboro.  
(336) 335-5430.

### "Greater Tuna"

Through March. Charlotte.  
(704) 372-1000.  
[www.performingarts.org](http://www.performingarts.org)

### Ackland Art Museum

Ongoing. Chapel Hill.  
Through Jan. 5, "Dark Jewels Exhibit." (919) 966-1400.  
[www.ackland.org](http://www.ackland.org)

### The ArtsCenter

Ongoing. Carrboro.  
January 1-5, 9-12, 16-19, "True West" | Jan. 24, "Rory Block" | Feb. 1, Rev. Billy Wirtz | (919) 929-2787.  
[www.artscenterlive.org](http://www.artscenterlive.org)

### Museum of Life and Science

Ongoing. Durham.  
Through Jan. 12, "Playing With Time." (919) 220-5429.  
[www.ncmls.org](http://www.ncmls.org)

### Mint Museum of Art

Ongoing. Charlotte.  
Through Feb. 23, "Romare Bearden." (704) 337-2000.  
[www.mintmuseum.org](http://www.mintmuseum.org)

### The Charlotte Museum of History

Ongoing. Charlotte.  
Jan. 4, "Scots-Irish Celebration." | Jan. 27, "Antiques Appraising." | Through Sept. 2003, "Soldiers' Stories in First Person." (704) 568-1774.  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

### Airborne & Special Operations Museum

Ongoing. Fayetteville.  
Through June 15, "Evolution of our Community." (910) 483-5311. [www.asomf.org](http://www.asomf.org)

### Museum of Natural Sciences

Ongoing. Raleigh.  
"Powers of Nature." (919) 733-7450. [www.naturalsciences.org](http://www.naturalsciences.org)

### Chapel Hill Museum

Ongoing. Chapel Hill.  
"Artisans' Trade Secrets." (919) 967-1400.  
[www.chapelhillmuseum.org](http://www.chapelhillmuseum.org)

## COAST

(east of I-95)

### Contra Dance

Jan. 11. Beaufort.  
(252) 726-8148.

### The Ciompi Quartet

Jan. 12. Oriental.  
(252) 249-3079.  
[www.pamlicomusic.org](http://www.pamlicomusic.org)

### Recycling Show

Opens Jan. 13. Elizabeth City.  
Free. (252) 338-6455.

### Motorsports & Tractor Pull

Jan. 17-18. Williamston.  
(252) 331-2913.

### American Music Festival

Jan. 18. Beaufort.  
(252) 726-8148.

### MLK Jr. Celebration

Jan. 20. Wilmington.  
(910) 815-0669.

### MLK Jr. March

Jan. 20. Elizabeth City.  
Free. (252) 335-3686

### Albemarle Chorale

Jan. 23. Elizabeth City.  
(800) 335-9050.

### Ship Models

Through Jan. 24.  
Beaufort.  
(252) 728-7317.

### Big Game Dinner

Jan. 24. Morehead City.  
(252) 247-4725.

### Bicycle Racing

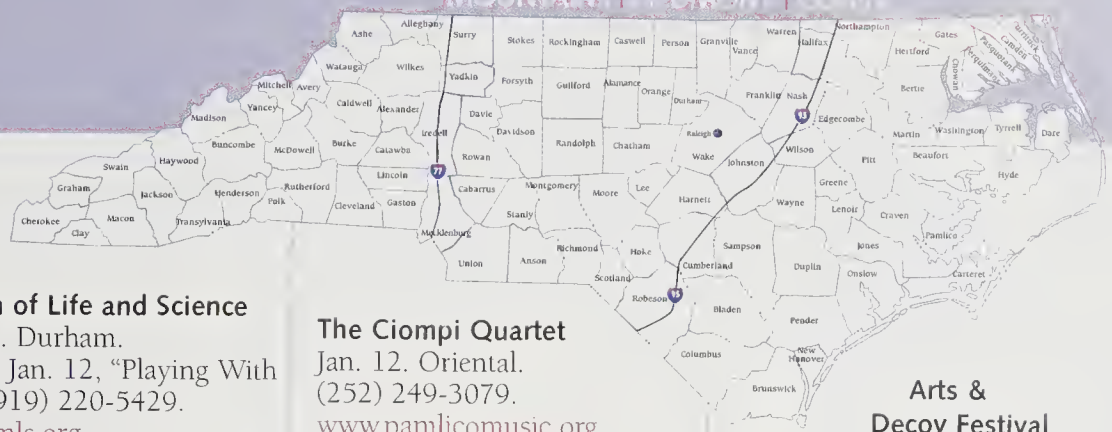
Jan. 24-26. Williamston.  
(480) 961-1903.

### Pamlico Society Performance

Jan. 26. Oriental.  
Free. (252) 240-3079.  
[www.pamlicomusic.org](http://www.pamlicomusic.org)

### NC Jazz Festival

Jan. 31. Wilmington.  
(800) 732-3643.



### Arts & Decoy Festival

Jan. 31-Feb. 2.  
Washington. (252) 946-2897.

### ATV Race

Feb. 1-2. Williamston.  
(336) 869-4900.

### Civil War Tours

Through May. New Bern.  
(252) 637-7316.

### Louise Wells Cameron

Art Museum  
Ongoing. Wilmington.  
"18th-century European Art."  
(910) 395-5999.  
[www.cameronartmuseum.com](http://www.cameronartmuseum.com)

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[www.duplincounty.org/tourism](http://www.duplincounty.org/tourism)

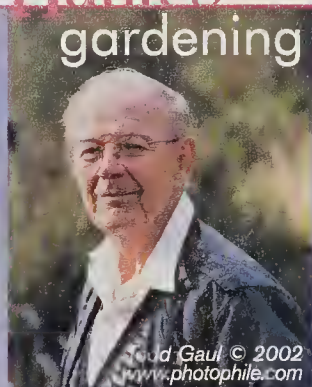
## LISTING INFORMATION

Deadline for March: Jan. 25 | Deadline for April: Feb. 25

Please include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome.

Send notices to: Carolina Compass, P.O. Box 27306, Raleigh, NC 27611 | Fax: (919) 878-3970 | e-mail: [carolina.country@ncemcs.com](mailto:carolina.country@ncemcs.com)





**N**ow is the time to look forward to 12 months of gardening joy. Gardeners can formulate year-long plans, evaluate past mistakes, and come up with solutions for the future. Winter planting is under way with schemes in progress for a year of planting and harvest.

## GARDENING FOCUS

### Spider Plants

Spider plants (*Chlorophytum comosum*) are also known as "airplane plant" and "St. Bernard's Lily." Native to South Africa, these plants reproduce by putting down tufts from runners which form roots around the mother plant. Easy-to-grow spider plants can tolerate, but prefer to avoid hot, dry air. More importantly, don't let the soil dry out. These plants are attractive when grown in hanging baskets, which allow graceful sprays to spill over the edges.

## Look Ahead to Vegetables

By starting vegetable plants indoors, you can enjoy earlier vegetables in late spring and summer.

Obtain best results by using a soilless potting mixture and artificial light, such as fluorescent tubes. Soilless mixes are available at most garden centers. Containers for seed should be sterilized by dipping them in a solution of 10 percent household bleach and 90 percent water. Large seeds, such as broccoli, cabbage and cauliflower, can be planted directly into cell packs. If packs are unavailable, plastic water cups make a good substitute. Cut cups down to about two inches. Punch drainage holes in bottoms and sides with a sharp instrument. Sow small seed in terra cotta or plastic flower pots and then water. Cover rooting containers to retain moisture. Remove covers when seed germinates.

## Lighted Indoor Plants

Indoor plants, often suffering from lack of light, will thrive beneath fluorescent lamps. One of the least expensive offerings, a four-foot fluorescent tube, often sells for about a dollar a tube. For a wider spectrum of light to benefit plants, mix "warm" white tubes with "cool" white tubes. Dusting tubes once a month will increase their effectiveness. By replacing night lights with both fluorescent lights and potted plants, electric bills can be slightly reduced. African violets have long been a favorite flowering plant to grow beneath fluorescent lights.



*African violets grow well underneath fluorescent lights.*

## A Little Silver Does It

"Cast of silver" (*Plectranthus argentatus*) adds sparkle to a flower garden. One foot in height, three feet in width, Cast of silver creates a striking background for low-growing annuals and perennials. Beneath an overlay of silver hairs, its leaves are a light, fuzzy, gray-green which grow two-to-five inches long with scalloped margins. Stems and leaves are overspread with a purple cast. In addition to the striking foliage, summer brings lavender flowers which look striking next to salvias and buddleias. Cast of silver can be grown in sun or partial shade in well-drained, moderately fertile soil. Plants mature rapidly in about three months. 🌱

## HORT shorts

- 🌱 Pansies display vibrant colors, with shades of blue, deep purple, wine red, maroon, and yellow. They're most effective when planted in accent beds of one color. Plants flower from fall through late spring. In higher altitudes, mulch heavily if freezes are forecasted.
- 🌱 If the forecast is for heavy snow, protect your

boxwood plants by tying limbs together with rope to secure branches. This lessens the chance that the weight of snow will snap branches. Light snow can be swept off plants with a broom.

- 🌱 Water newly-set plants, even in winter.
- 🌱 Clean away and burn all twigs and litter under pecan trees to prevent twig girdler damage.

🌱 When planting trees and shrubs, make holes somewhat larger than the ball of the root system. This allows new roots to enter soft soil.

🌱 Cut the new growth of crape myrtle and butterfly bush back one-half to one-third to force stronger new growth and heavier bloom in the spring.

🌱 Like many popular landscape and indoor

plants, azaleas are poisonous if chewed by dogs and cats. As with children, the toxins in plants depend on age and weight, the amount ingested, and whether the individual is allergic to a particular plant.

🌱 Fast-growing shade trees, such as silver maple, mimosa, and Chinese elm, are very susceptible to disease and insect attack.



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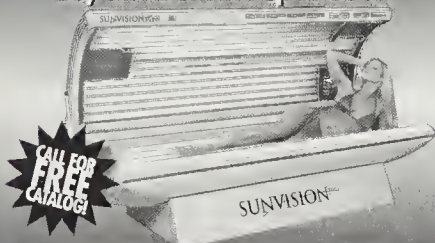
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# Insulated steel doors offer energy efficiency and security at a reasonable cost

By James Dulley

**F**or overall performance, efficiency, security and reasonable cost, insulated steel front doors are difficult to beat. When you consider the total perimeter length on a front door, the airtight weatherstripping on steel doors can significantly reduce air infiltration and chilly drafts. Most doors are pre-hung, so most do-it-yourself homeowners can install one.

Even though steel is a good conductor of heat and these doors have a steel skin, the thick, insulated core gives steel doors a much higher R-value than solid wood doors. The most efficient steel doors have a thermal break between the indoor and outdoor steel skins. The thermal break is made of a non-conducting material, often a plastic-type material, to block the direct heat path through the skins.

If you have not shopped for steel front doors for a while, you will be pleasantly surprised at how attractive they are. The new steel doors are made with modern manufacturing processes to produce crisper edge and panel details that rival painted real wood doors. With optional decorative glass and sidelights, it is difficult to distinguish a steel door from a wood door until you actually touch it.

The "natural-wood" steel doors have a stainable coating over the steel skins. The thick coating is applied at the factory and then authentic wood graining is rolled into the surface so you can feel the grain just like on real wood.

Each door manufacturer offers its own staining kits, often in oak and walnut, so you or the installation contractor can produce the natural wood look you desire. Once it is stained, it is finished somewhat similar to a real wood door. This coating does not measurably alter the high-energy efficiency of the steel door.

The windows you select for your steel front door have a tremendous impact on its appearance, energy efficiency and security. Having some glass in the front door provides natural light so you may not need to have as many lamps on. The most decorative-looking glass is beveled, etched or leaded. For the best energy efficiency and security against break-ins, choose smaller windows, such as ornate ovals.

Selecting the proper type of glass for the windows is also important. Triple-pane decorative glass is probably the all-around best. The decorative pane, made of glass or crystal clear plastic, is often sandwiched between two smooth outside panes. This creates two insulating air gaps and makes cleaning easier.

For the optimum security, order special super-tough, high-security glass panels that are clear or decorative. These use a break-resistance plastic material that is almost twice as tough as tempered glass. In addition to its high security benefits, it blocks more outdoor noise than glass and stops nearly all of the sun's fading ultraviolet rays from passing through.

Although most steel doors look similar on display in the store, there are significant quality differences among them. The thickness of the steel skin is an indication of quality. Just a slightly thicker steel skin provides significantly better stability, dent resistance and security against break-ins. The steel skin is measured in the "gauge" of the steel used. A lower gauge number indicates a thicker steel material. Heavy gauge steel from 22 to 24 is considered good quality.

The hardware (hinges, latches, etc.) used on the door also indicates overall quality. An insulated steel door, especially one with a lot of decorative glass panels, can get quite heavy and place a load on the bearings. Ball-bearing hinges will provide the smoothest operation. High-security, triple-point locking mechanisms have two additional latches that all operate from the standard single handle. Heavy-duty wood lock blocks inside the door in the latch area are most secure.

All steel doors have a core. Foamed-in-place polyurethane insulation has the highest R-value. Another efficient option is a piece of polystyrene insulation fitted between the steel skins. Magnetic weatherstripping, similar to refrigerator gaskets, provides the most airtight seal. It also has an extremely long life as compared to standard compression-type weatherstripping. Adjustable thresholds with a multi-fin sweep seal are common on most of the doors.

If you prefer a decorative matching sidelight, you can select a door system with one that opens. This provides an extra 14 inches of opening width to facilitate moving large furniture items in and out.

Write for (instantly download - [www.dulley.com](http://www.dulley.com)) Utility Bills Update No. 409 - buyer's guide of 12 insulated steel front door manufacturers listing finishes, styles, insulation, metal gauge, warranties, decorative glass options, and features. Please include \$3.00 and a business-size SASE. Send to: James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.



Some glass provides natural light inside.

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## Fold-Over Tortilla Bake

- 1 pound ground beef
- 1 large onion, chopped
- 2 cans (14½ ounces each) stewed tomatoes
- 1 cup enchilada sauce
- 1 to 2 teaspoons ground cumin
- ½ teaspoon salt
- ¼ teaspoon pepper
- 12 flour or corn tortillas (6 inches)
- 2 packages (3 ounces each) cream cheese, softened
- 1 can (4 ounces) chopped green chilies, drained
- 1 cup (4 ounces) shredded Monterey Jack cheese

In a large skillet, cook beef and onion over medium heat until the meat is no longer pink; drain well. Stir in tomatoes, enchilada sauce, cumin, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Pour half into a greased 13 by 9 by 2-inch baking dish; set aside.

Stack the tortillas and wrap in foil; warm at 350 degrees for 8-10 minutes. Spread warm tortillas with cream cheese and top with chilies; fold in half.

Arrange folded tortillas over meat sauce; pour remaining sauce over top. Cover and bake at 350 degrees for 15 minutes. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Yield: 6 servings.



Fold-Over Tortilla Bake

For more Carolina Kitchen recipes, visit our Web site at [www.carolinacountry.com](http://www.carolinacountry.com)

## Western Chili Casserole

- 1 pound ground beef
- 1 large onion, chopped
- 1 celery rib, chopped
- 1 can (15 ounces) chili with beans
- 1½ cups corn chips, coarsely crushed, divided
- ¾ cup shredded cheddar cheese

In a large skillet, cook the beef, onion and celery over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the chili and ½ cup of chips. Transfer to a greased 1½-quart baking dish. Sprinkle remaining chips around edge of dish; fill center with cheese. Bake, uncovered, at 350 degrees for 10 minutes or until heated through.

Yield: 4 servings.

## Scalloped Cabbage

- 5 to 6 cups shredded cabbage
- 2 medium onions, finely chopped
- 1 medium green pepper, finely chopped
- ¼ cup butter or margarine
- 2 cups (8 ounces) shredded sharp cheddar cheese
- 2 cups coarsely crushed sour cream and chives croutons, divided
- 1 cup milk or half and half cream

In a large saucepan, cook cabbage in boiling water for 4-5 minutes or until almost tender; drain. In a small saucepan, sauté onions and green pepper in butter until tender. Add to the cabbage. Stir in cheese and 1½ cups of croutons.

Transfer to a greased 13 by 9 by 2-inch baking dish. Pour milk over the top; do not stir. Sprinkle with remaining croutons. Bake, uncovered, at 350 degrees for 20-25 minutes or until bubbly.

Yield: 6-8 servings.



Western Chili Casserole

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at [www.tasteofhome.com](http://www.tasteofhome.com).



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